

Weigh in procedure.

- Weigh-In Attire:
- A wrestler MUST weigh-in in either a 1) singlet or 2) shirt/shorts at all official weigh-ins. No more no less. The singlet or short/shirt policy will be enforced.
- **This is an official USA Wrestling Policy, and is enforced at all regional/national events.**
- Once the wrestler has entered the weigh in area they will not be allowed to leave. Wrestlers will have 3 total opportunities to weigh in.
- A wrestler will step on the scale one time-if they make weight, they are finished, this is counted as a first attempt.
If a wrestler does not make weight the first time, they may step off the scales, reset the scales, and then step back on.
- This is their second attempt. If a wrestler makes weight they are finished.
- If a wrestler does not make weight the second time, they may request to weigh on the challenge scales. The wrestler will be allowed to weigh on the challenge scales for their 3rd and final attempt. If they make weight they are finished. If not the wrestler will be deemed to not have made weight.
- At the state tournament, if the wrestler does not make the weight they wrestled at qualifier, they will be disqualified from the tournament.
- A set of check scales will be provided at the qualifier and state tournaments outside the official weigh in areas.

DO NOT ENTER THE WEIGH-IN AREA IF YOU ARE OVERWEIGHT ON THE CHECK SCALE.

- A copy of the USA Weight Cutting Policy will be posted prominently at all qualifiers and state events. Strict adherence to this policy is required. Violators will be reported to the Team GA representative and at the discretion of the Team GA representative may be banned from the tournament.
- No parents or coaches will be allowed in the official weigh-in areas.